

THE BORDERS ABBEYS WAY

The abbeys of Melrose, Dryburgh, Kelso and Jedburgh in the Scottish Borders

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Guidebook to walking the Borders Abbeys Way, a 68 mile (109km) circuit in the central Scottish Borders. One of Scotland's Great Trails, the Borders Abbeys Way links four of Britain's grandest ruined medieval abbeys: Melrose, Dryburgh, Kelso and Jedburgh. Described over six stages – with each stage ranging from 5 to 15 miles – the route is suitable for people with a moderate fitness level, and can be walked all year round.

The perfect distance for a week-long walking holiday, the Borders Abbeys Way is as much a walk through history as it is through the Scottish Borders. The abbeys and other historical sites encountered along the route tell the tale of a series of conflicts between the kingdoms of England and Scotland that took place between the mid 12th to early 17th centuries. The route comprises paths alongside the Tweed and Teviot rivers, forest tracks, historic drove roads and disused railway lines, and traverses farmland and open hills.

Each stage is described clearly and concisely, and is accompanied by OS mapping. Detailed route planning information is also provided, as is information on the ever intriguing history of the region and the abbeys.

Key marketing points

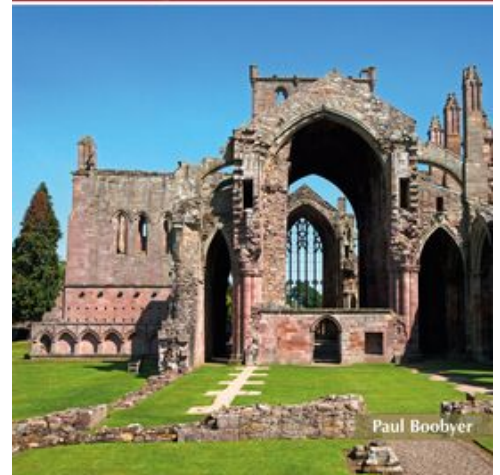
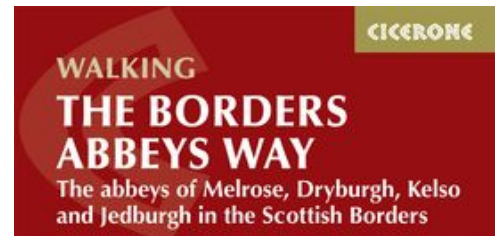
- One of Scotland's Great Trails

About the author

Paul Boobyer's zest for walking and curiosity of foreign cultures led him to undertake long-distance walks in Britain, Nepal, New Zealand, Canada and Chile. Returning to Scotland, Paul built mountain footpaths in the Scottish Highlands. Later, he managed footpaths whilst working as a Countryside Access Officer at Scottish Borders Council and led guided walks during the annual Borders Walking Festival.

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